

## OVERHEAD LAT PULL-DOWN

This is a progression of the Straight-Ahead Lat Pull-Down. Everything is the same except that the starting position is with hands overhead, which is more difficult.

### **Benefits »**

- Strengthens mid- and low back muscles.
- Incorporates tall sitting into a back strength exercise.
- Aids everyday tasks such as reaching up, opening doors, or carrying objects.

### **Set It Up »**

Each participant will need a Thera-Band for this exercise.

### **How to Do It »**

#### **The Start**

- Participants sit tall with their back away from the chair back, shoulders over hips, abs braced, and ribs lifted.
- They hold the middle part of the Thera-Band overhead. Participants can wrap the band around their palms; it's easier for those with arthritic hands. Arms are straight and hands should be wider than shoulder-width.



#### **The Moves**

Use the following cues.

- Pull both arms down and out to the sides, bringing the band across the chest and greatly increasing the distance between the hands.
- At the end point, the hands are out wide to the sides. The band touches the chest at the collarbone.
- Hold a moment.
- Repeat 8 to 12 times, as tolerated.

### **Take It Further »**

- Increase repetitions to 15.
- Tighten up on the band or use a band with greater resistance.
- Slow the motion down and hold the end point a little longer.

### **Give It More Balance »**

- Sit at the edge of the chair.
- Sit at the edge of the chair with feet offset and heels lifted.
- Cross the ankles and hold the feet just off the ground.

### **Keep It Safe »**

Cue participants to keep their ribs lifted and abs in. Remind them that they can do the straight-ahead version if it's more comfortable for them.